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Compassion Meditation to honor the 20th Annual LGBTQ Symposium

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Thursday

February 13, 2014

Student organization holds pancake breakfast to raise money for conference

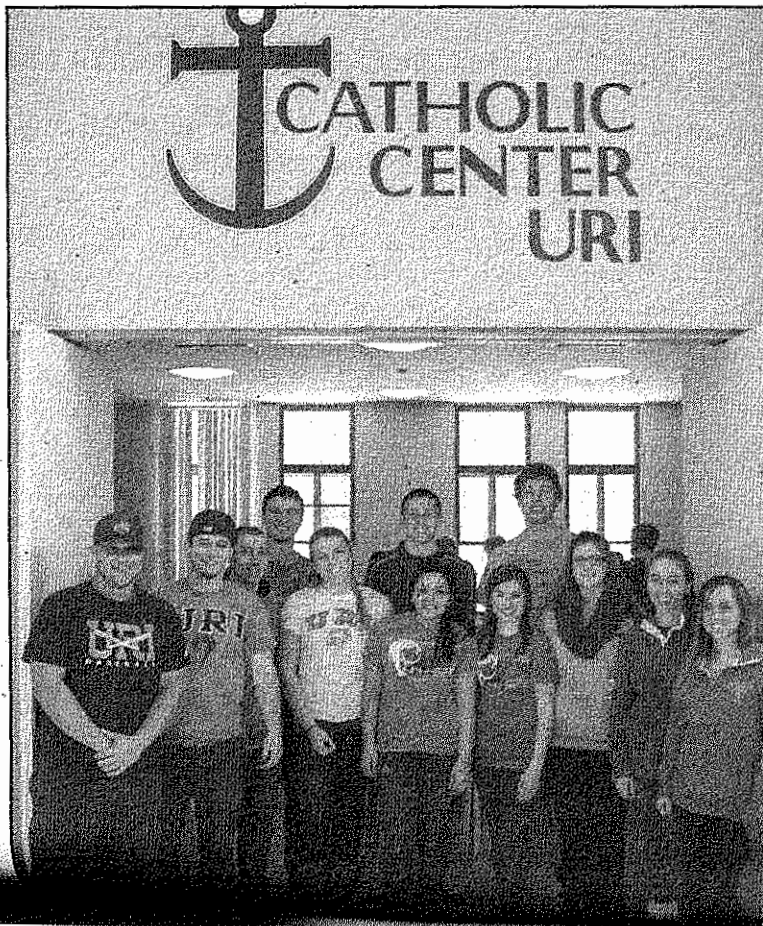
AMANDA LANZARINI
News Reporter

The American Marketing Association (AMA) served pan-
at URI's Catholic Center
Feb. 9th from 8 a.m. to 12
to raise money for a New
ns Collegiate Conference

Pancakes were all-you-can-
served buffet style and
to the public for an entry
of \$5. Kitchen and seating
all provided by the
Catholic Center. In addition to
breakfast, a donation box
set up and raffles were
including prizes of a \$30
er-for-two at Texas
house and a VISA gift

rica Thayer, president of
chapter of AMA, shared
is about the fundraiser's
and successes.

Every year, our chapter
the International



Martin Luther King Day of Service encourages middle school students

BY AMANDA LANZARINI
Staff News Reporter

The Multicultural Center, Department of Education, Kappa Delta Pi and Greek Affairs collaborated to hold a Day of Service for Martin Luther King Jr. on Feb. 8 from 10 a.m. to 2 p.m. for local elementary and middle school students.

The service was the final event for the 28th annual celebration of Martin Luther King Jr. Week and included over 90 students from Central Falls Elementary School, Anthony Carnevale Elementary School, Highlander Charter School and the Urban Collaborative Accelerated Program.

Stephen Simo, coordinator of student life and Greek Affairs, shared some details about the event's importance.

urban setting can benefit especially from this program.

"The purpose of the program is to... get middle school students excited about the possibility of higher education," Simo said.

Kappa Delta Pi, an honor society for those seeking a degree within the field of education, offered volunteers and scheduled several events for the children.

The young students arrived at 10 a.m. before playing a round of icebreakers and watching a video titled "Our friend Martin," an innovative, powerful cartoon detailing Martin Luther King Jr.'s life. Discussions were encouraged afterwards about his legacy, how it was meaningful and what meant to the children personally.

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CAMPUS

Student creates SAFE, a forum for education majors

BY ALLI FARRELLY
News Editor

A University of Rhode Island English major has taken his passion for education into his own hands and has created a Student Advocates for Education (SAFE) club at URI for students passionate about education to collaborate outside of the classroom.

Billy Bowden, who plans on pursuing his Master's degree in secondary education at URI, created SAFE because he felt that for a school with such a strong education program, URI lacked a forum for students who cared about education to converse with their peers and make a difference in the American education system.

"The group works to define what education is and does for both our community and our nation," Bowden said. "Together, we discuss principles in education, such as teaching governance and the importance of being a positive role model in the classroom."

Bowden believes that having SAFE on campus will benefit students in URI's education program immensely. He hopes that education students will use this club as a tool to learn from their peers and quell any apprehension they have about being an education major.

"I think that this group will impact students because not only will it allow them to network with other students in their field, it will allow for them to become more practiced in their future profession and to appreciate the profession even more than they might have had coming in," Bowden said. "Some people might feel anx-

ious about becoming a teacher and this group could be the reason why they overcome their fears."

In addition to providing a forum for education students to interact with and learn from one another, SAFE works with local charity organizations to help better the community.

"We have participated already in a Make-a-Wish foundation charity before the break that involved making holiday cards," Bowden said. "For each card, \$1 was donated to Make-a-Wish. We also contributed to a URI holiday fund that would send gifts, books and other items to children in need. We hope to reach out to our community and have professionals within the education field come in and talk to us about various topics."

Though this is SAFE's first year at URI, Bowden has high hopes for the group's future.

"My goals for the group are to get together education majors and other students who are interested in the state of American education and explore what we can do as college students and potential educators to make the education experience in America even better," Bowden said. "People might think that a small group of students cannot make a difference on a national level, but the truth is, we can make a difference in our future classrooms, and that is important to us."

SAFE is currently welcoming new members and meets in Room 203 of the Multicultural Center Wednesdays at 6 p.m. For more information, email Bowden at billb75@my.uri.edu or visit their Facebook page at URI SAFE 2013-2014.

Compassion meditation to honor the 20th Annual LGBTQ Symposium

BY KATHRYN BARRALI
Contributing News Reporter

On Tuesday, Thupten Tendhar led a compassion meditation session to honor the 20th Annual Lesbian, Gay, Bisexual, Transgendered and Queer Center's Symposium. The LGBTIQ Center chose to theme this year's symposium around spirituality because they wanted to provide people with the opportunity to explore the intersection of spirituality with their identities.

"Our mission in the LGBTIQ Center is to provide a space for all people to really explore who they are and how they connect to other people," said Annie Russell, director of the LGBTIQ Center.

The session began with a discussion about compassion and how it is important in our personal lives, as well as in human society in general.

Tendhar says that from his Tibetan background, compassion can be described as, "a strong sense of wishing one and everybody to be free from suffering and taking the responsibility in freeing oneself and others from suffering."

According to Tendhar, compassion is necessary for human survival.

"From the moment we are born into this earth," he said, "we survive on love and kindness and compassion from others."

He believes that compassion is the key to living a happy and healthy life and alleviating conflict. It also promotes harmony and unity among humans and the environment.

In his book of poetry titled "Peace: Rhythm of My Heart," Tendhar wrote, "Love and compassion bind us together."

Tendhar describes how among the seven billion people in this world, some of them are your "dear ones," some are "neutrals" and others are potential enemies or people you may dislike.

"What [Tendhar] talked about was—what would it be like if we could have compassion for all of those people," said Annie Kosar, coordinator of LGBTQ Programs and Services. "If we approach everything with compassion, what would that feel like? That would mean that all these seven billion people would be united in this beautiful, peaceful, compassionate place."

After the presentation, Tendhar led a compassion meditation.

"It was a very spiritual experience for me," said Kosar. "This is a very fabulous week for us, but a very busy week for us and it was really amazing to be able to just be in that moment."

Tendhar instructed people to make sure they had compassion for themselves first, then to extend that compassion to their loved ones, and then to the neutrals and the enemies in their lives.

"I think that's powerful because we spend so much time... sort of not being fully present in a moment and thinking about the people that surround [us] and what they might be going through," said Russell.

In Tibetan, meditation is

called "gom," which means familiarization. According to Tendhar, the purpose of compassion meditation is to familiarize our mind and thoughts with a positive subject, so that we will be able to apply love and kindness to challenging situations.

"[Meditation] should be able to contribute towards positive development for individual, societal and global peace at large," said Tendhar.

Russell spoke from her own experience, discussing how there are community members who struggle with their spiritual development. She talked about the oppression she has struggled with throughout her life from spiritual and religious places, saying that spirituality has been used as an attempt to tell her that she is wrong for being a lesbian.

"I think it's our collective desire to not have to have other students struggle in the ways that we did when we were dealing with some of those issues," said Russell.

She added that exploring different types of spirituality in an inclusive way can be beneficial to those who have had similar experiences.

"We as student affairs professionals talk a lot about holistic development with students and I think spiritual development is part of that," said Kosar. She states that exposure to different traditions, such as this Buddhist tradition of compassion meditation, serves as a platform for students to explore

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SEC

From page 8

bers are looking forward to having new members, especially because of the exciting events that will be held in the spring.

The flash mob, pop-up musical and special contests to win tickets were some of the SEC events that buzzed around campus last semester. Not only do SEC members help promote upcoming concerts, but they also have a say in what artists are chosen to play at the university. At each meeting, discussions are held about everyone's favorite music and what bands could be possible performers.

Unlike some other organizations, SEC is always open to new members. There is no set deadline. All you have to do is show up to a meeting. Meetings are held in Quinn Auditorium on Wednesdays from 6 to 7 p.m. Yager and executive member Kristen Gregory encourage all music lovers to join SEC's Concerts Committee this semester.

"Joining our organization is a great opportunity to get involved," Gregory said. "You'll be exposed to a unique side of the entertainment we bring to campus."

Vocal

From page 5

"This past semester, every single seat was full," said Blau. "There were people standing, like the room was full."

They have been contacted about gigs both on and off campus and have been invited to competitions, but are still focused on building the group and making connections first.

lege will continue to be encouraged as the year progresses.

Luncheon

From page 1

Yager shared stories from young people who have struggled with racial profiling.

"They are all a collective story," said Yager. "It is a part of what happens in our community and we may not know how frequent racial profiling is for youth of color."

Yager went on to say how Martin Luther King's vision still hasn't been completely achieved, and there is still work to be done.

"Changing the laws won't change attitudes," she said. "We need to understand who is writing the stories and the stories that aren't being told."

Yager closed by reading a section of Dr. King's famous Riverside Church speech. "We are now faced with the fact, my friends, that tomorrow is today. We are confronted with the fierce urgency of now," Yager quoted.

Yager stressed that fact that the urgency of now is necessary to make a change in the spirit of Dr. King.

Following the keynote address, the whole room joined in a circle of linked hands, and sang the freedom anthem, "We Shall Overcome."

The Rhody Outpost is located on the ground floor of St. Augustine's Church on Lower College Road. To learn more about the Rhody Outpost and how to donate or volunteer, contact the URI Clearinghouse for Volunteers at 401-874-2568.

one of the most powerful and it's a shock that wasn't nominated for more than just two Oscars, both of them outside the big categories. However, this is a film that will be remembered as one of the Coens' best and an excellent period piece of one of the richest eras of American popular music.

Compassion

From page 3

and develop

Tendhar said that everyone is equal in seeking happiness and wanting to relieve suffering. Practicing love and compassion is the way to "fulfill those dreams" of happiness and rid the earth of suffering.

"As long as there is compassion, people will take care of each other, people will try to relieve pain and suffering from oneself and others, and that's how we could develop a loving, kind, beloved society," said Tendhar.

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After speaking with a representative from the URI Foundation, which manages charitable donations on behalf of the university said, "This latest partnership between URI and National Grid and the resulting impact it could have on Rhode Island youth, is yet another example of National Grid going above and beyond to help strengthen our community. We are proud of our longstanding affiliation with this civic minded foundation and look forward to hosting Rhode

Island students this season."

look on Saturday College's club team visit the Bradford R. Boss Ice Arena. Rhode Island's first playoff game begins a week after their matchup with the Providence Friars at The Rinx in New York.

"You can't overlook [Providence College]," Augustine said. "They're a very good team, with some very good players. A win would be great, we would like some momentum going into playoffs."

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Meeting in MU Rm. 125
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